

Respect Team



Coaches integrate the messages of “Choose Respect” into team activities all season.

Why?

The coach sets the tone for the team. If the coach shows respect for the players, he or she creates a team climate where healthy, respectful relationships are the norm—on and off the playing field.

Where and When?

Respect Team is ideal for recreation or community youth sports leagues. *Respect Team* is easy to blend into practice, game day, and post-season activities throughout the year.

How?

Respect Team Talking Points, *Respect Team Individual Pledge*, *Most Respectful Player Scoresheet*, *Choose Respect Most Respectful Player Certificate*, and a sample *Choose Respect Team Pledge* can be found in the Zone 2 resources on the USB Flash Drive that comes with this Playbook.

Here's the Strategy.

- Start the season off right by presenting Choose Respect messages to players during the first team meeting and practice.
- Reinforce Choose Respect messages in all practices/drills.
- Reinforce Choose Respect messages prior to each game.
- Keep a scorecard of coach and player behavior throughout the season; respectful behavior earns Respect Points and rewards, and disrespectful behavior loses points.

Go over Your Team's Game Plan.

Coaches should introduce the Choose Respect messages to players during the first team practice using the *Choose Respect Talking Points for Coaches* provided in the Zone 2 resources on the USB Flash Drive that comes with this Playbook. Let the team know what your expectations are and post the *Respect Team Poster*, provided in the Zone 2 resources on the USB Flash Drive that comes with this Playbook, in the locker room if possible. Have everyone sign the poster. Respectful team behavior includes:

- How players react to insults or fouls from the opposing team. Messages include:
 - Take a deep breath or walk away until calmer.
 - Never express anger through physical violence.
- Respecting teammates on and off the field. Messages include:
 - Take a minute to understand what others might be feeling—put yourself in their shoes.
 - Allow others to express their opinions without forcing yours on others to win an argument.
- How players react to referees' decisions. Messages include:
 - Think before speaking, especially when angry.

Wrap up the Choose Respect portion of the first team meeting/practice by presenting the *Respect Team Pledge* for players to sign:

Respect is a choice. I choose to:

- Think before speaking
- Never express anger through violence
- Strive to understand how others feel
- Be a role model for those around me

_____ Name

Parents need to know the game plan, too. Send home the *Respect Team Pledge* with a note that the league board/community recreation department endorses respectful behavior.

Reward Respect.

Keep track of behavior during all games and practices. Players whose behavior is consistent with Choose Respect messages receive Respect Points—players who don't follow the pledge have points taken away. Here are some ideas for rewards:

- Provide incentives to win the “Most Respectful Player” (MRP) prize at the end of the season. Reward players who score Respect Points each week during the season with coupons from local merchants or free tickets to local events.
- Coaches who prefer not to track points throughout the season can let the team vote for the MRP at the end of the season.
- During the post-season awards ceremony, award the MRP prize. Choose Respect-branded item(s) goes to the player(s) who scored the most Respect Points throughout the season.
- Invite the local newspaper sportswriter to do a story on the *Respect Team* winners.

Want to Do More?

- Expand the *Respect Team* concept across all of the sports teams and leagues in your community.

Resources Needed:

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Respect Team Pledge

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Prizes (Choose Respect-branded item such as T-shirt or knapsack) for Most Respectful Player

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Respect Scorecard

☐

Weekly incentive prizes

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Respect Team Poster

☐

Choose Respect Talking Points for Coaches

☐

Most Respectful Player Certificate

Evaluation:

Document what you accomplish using Choose Respect tracking tools:

- **Stand Up & Be Counted**

Keep track of play participants and audience members. The Zone 2 Evaluation Tools contain a sign-in sheet.

- **Cheers & Changes**

After the play is complete, note your successes, challenges, and opportunities for the future. The Zone 2 Evaluation Tools contain a worksheet to help you do this.

Choose Respect feedback tools are recommended if you implement multiple plays. Assess what adults learned from and thought of a series of Choose Respect activities using Choose Respect feedback tools:

- **Adult Feedback**

After completing a series of activities with youth, collect information for your evaluation. The Zone 2 Evaluation Tools contain a feedback form to help you do this.

CHOOSE

RESPECT

M.R.P.

MOST RESPECTFUL PLAYER

Presented to

_____ for respectful behavior on and off the _____.

_____ consistently thinks before speaking,
strives to understand how others feel, serves as a role model
to others, and never uses violence to solve problems.

Dated this _____ day of _____, 20_____.

Name of School

Team

Principal/Administrator

Coach

Respect. Give it. Get it.

CHOOSE RESPECT Field of Influence: Parents and Caring Adults Most Respectful Player: Scoresheet 1

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Strive to understand how others feel
Be a role model for those around me

Name

Team

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RESPECT

A colorful illustration of a soccer team celebrating. Seven players in green jerseys and black shorts are shown. One player is kneeling in the foreground with a soccer ball. Another player is holding a trophy. The background is a simple green wall with a white door.

Be a role model for those
around me

Name

Name

[illegible]

Team



Play it at
www.chooserespect.org

